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TITLE : SPREAD AND PRODUCTION THEREOF

ABSTRACT : PURPOSE: To obtain a spread having good taste, flavor and palatability and excellent effect to cure intestinal disorder, etc., by adding and dissolving an emulsifier in molten hot oil or fat, emulsifying the solution in the presence of a fructo-oligosaccharide and quenching and mixing the emulsion.

CONSTITUTION: An oil or fat (e.g. hardened rapeseed oil, palm oil, etc.) is melted with heat and an emulsifier (e.g. glycerol fatty acid ester, soybean lecithin, etc.) is added to and dissolved in the solution. The solution is emulsified in the presence of a fructo-oligosaccharide and the emulsion is quenched and mixed. As an alternative method, a solution of the emulsifier in the oil or fat is cooled to 38-42°C, a powdery product such as yoghurt powder, lactobacillus powder, etc., is dispersed in the solution, the dispersion is emulsified in the presence of a fructo-oligosaccharide and the product is quenched and mixed to obtain the objective spread. The spread is effective to balance the intestinal bacteria in favor of bifidus bacteria and to lower the cholesterol level in serum.

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